春の気配は美味しさとともに近づいてきています♥号

http://daioh.dengeki.com/

電撃大王 ILLUSTRATION

コミック電撃大王

2017 4 APRIL

AND FOR THESE SISTERS, THE PERFECT SAKURA IS SAKURA-MOCHI. ♥

SPRING IS ALL ABOUT THE SAKURA

新米姉妹のふたりごはん

柊ゆたか

コミックス❶巻発売記念 SPECIAL描き下ろし あしたのラロッテ いわさきささかま

絵 センターカラー 柊ゆたか

コミック1巻 好評発売中

新米姉妹のふたりごはん

Let's have a meal together!

柊ゆたか

18th Course: Strawberry Milk

THEY CAN RELAX AROUND EACH OTHER BECAUSE THEY'RE SISTERS.

A MOMENT OF BLISS...

DELICIOUS COOKING AND WONDERFUL SMILES!

VOLUME THREE NOW ON SALE!

OVER 230,000 VOLUMES SOLD!

はっ
はっ
たっ
たっ
はっ
Hahal
So I...
AYARI, JOGGING BY HERSELF.
WHY IS SHE LOOKING AT THEM?
たっ

YAWN
Morning
CHOMP
CHOMP
Good morning
You've been going out really early in the morning

Did I wake you up?
It's okay.
I fell asleep again.
I'm training for a school marathon.
Yes.
Um...
Would you like to
j-
chog-
Nee-san!
ゴゴゴゴゴゴ

...?
Chog?

N-
Never mind!

Sigh...
I couldn't invite her again..

I haven't gone this far before-
はぁ。
は？

Yawn
Good-
Wh-
What's wrong?
T-
Tomorrow morning!

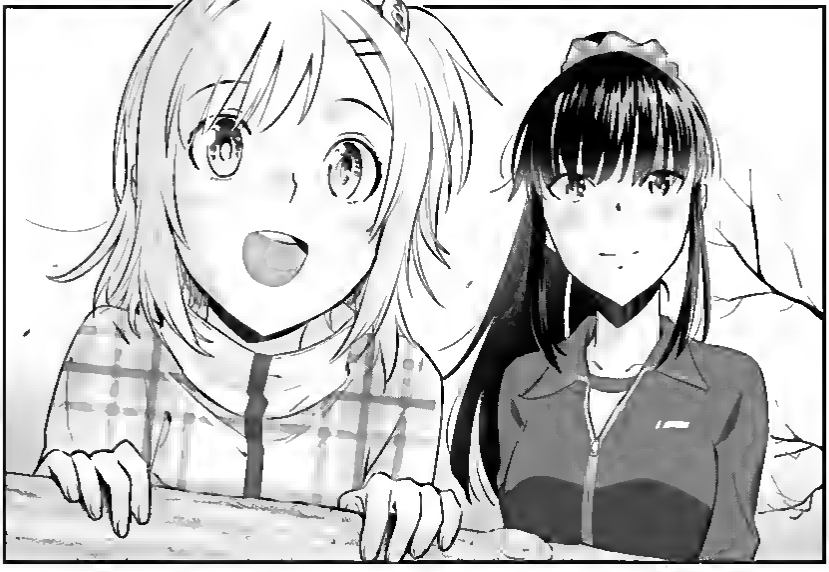
Would you like to jog with me!?

You want me to come?
I'll do it!
What time?
Are you sure about this?
It'll be really early
It's fine.
Since you're asking,
getting up a little early's no big deal!

I'm ready!
morning!
Good
Good morning.
What are you doing?
ジャージー
Making strawberry milk
I thought we could drink it while running to rehydrate.
さく

Strawberries, milk, honey,
add a few drops of vanilla extract...
Turn it on!
The strawberries smell great!
Can't wait!

は。
な。
We're close to
the hill..



Pah!
Mnn
I read that the citric acid in strawberries is good for recovering stamina
The sweet and tartness hit just the right spots!
For inviting me
Thanks
And the protein in milk-

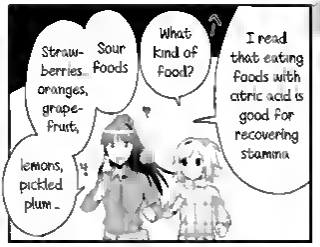
Sharing experiences and making memories. That's how they grow from strangers into sisters...

To be continued next issue!

5th issue will be out March 27th!

今日のふたりレシピ vol. 18

today's futari recipe


Sour Foods
Straw-berries, oranges, grape-fruit, lemons, pickled plum...
What kind of food?
I read that eating foods with citric acid is good for recovering stamina

STRAWBERRY MILK

INGREDIENTS
[FOR ONE SERVING]
- 120ML MILK
- 60G STRAWBERRIES
- HONEY AS DESIRED
- 3-4 DROPS VANILLA ESSENCE

DIRECTIONS
1. WASH STRAWBERRIES AND PARE OFF THE CAP. BLEND ALL INGREDIENTS TOGETHER UNTIL IT'S SMOOTH

WHEN YOU'RE THINKING ABOUT WINTER SCHOOL EVENTS, THE MARATHON COMES TO MIND. A GRUELING CHALLENGE FOR THE UNPREPARED. AYARI MAKES STRAWBERRY MILK TO HYDRATE HERSELF DURING HER PRACTICE SESSIONS. STRAWBERRY MILK IS CHOCK-FULL OF NUTRIENTS AS WELL, SO IT IS PERFECT FOR MARATHONS.

PRACTICAL!!

GENERALLY SPEAKING, MACHINES FOR MAKING JUICE AT HOME CAN BE DIVIDED INTO TWO CATEGORIES: MIXERS (BLENDERS) AND JUICERS. THEY'RE SIMILAR, BUT THEY DO HAVE THEIR DIFFERENCES. LET ME EXPLAIN.

MIXERS, AS THEIR NAME SUGGESTS, BREAK UP AND FINELY MIX (OR BLEND) FOOD. THEY'RE MORE COMMONLY CALLED BLENDERS OVERSEAS. SINCE THE SKIN AND PULP IS MIXED RIGHT IN, THE JUICE ENDS UP SOMEWHAT THICK. THE JUICE COMES WITH THE DIETARY FIBER WITHIN THE FRUIT, TOO. FOR FRUITS WITH LOW WATER CONTENT LIKE BANANAS, YOU CAN ADD WATER OR MILK TO THE JUICE. MILK IS PERFECT FOR BALANCING THE SOURNESS OF STRAWBERRIES WITH MIXERS. YOU CAN ADD ICE TO MAKE SMOOTHIES AS WELL. YOU CAN ORDER A CHEAP ONE ONLINE FOR ABOUT $20.

Futari Gohan

★ COOKING MANGA RESEARCHER SUGIMURA KEI'S ★

UNLIKE MIXERS, MOST JUICERS PRODUCE JUST JUICE. THE PULP FIBER IS FILTERED OUT AND DISCARDED. THIS PRODUCES A CLEAR JUICE, WHICH IS EASIER TO DRINK. RECENT JUICERS COME IN TWO VARIETIES: HIGH SPEED JUICERS THAT USE CENTRIFUGAL FORCE TO FILTER OUT THE PULP, AND LOW SPEED JUICERS. LOW SPEED JUICERS LOWER THE EXPOSURE OF INGREDIENTS TO AIR, WHICH IS CLAIMED TO HELP REDUCE DEGRADATION OF NUTRIENTS. THEY ARE ALSO MORE EXPENSIVE. HIGH SPEED JUICERS CAN BE FOUND FOR AROUND $20, BUT MOST LOW SPEED JUICERS ARE AT LEAST $100.

IF YOU'RE LOOKING FOR SOMETHING TO DRINK IN PLACE OF BREAKFAST, I WOULD RECOMMEND THE MIXER, WHICH MAKES A THICK AND SATISFYING JUICE. ON THE OTHER HAND, WHEN YOU'RE EXERCISING AND NEED SOMETHING EASY TO SWALLOW, A JUICE MADE FROM A JUICER WOULD BE BETTER.

JUICING ISN'T JUST LIMITED TO FRUITS. YOU CAN USE VEGETABLES, TOO. IT'S PERFECT FOR BUSY PEOPLE, AS A CONVENIENT SOURCE OF NUTRIENTS. STORES OFFERING JUICE ARE ON THE RISE AS WELL, SO TAKE A LOOK WHEN YOU CAN.

Illustration: Hiiragi Yutaka

SUGIMURA KEI Profile

THE POPULAR COOKING MANGA RESEARCHER BEHIND "SON SAUCE NOTEBOOK," "WHITE HOT SAKE CLASSROOM," AND MANY OTHER WORKS. HE'LL TALK ABOUT THE COOKING FEATURED IN "SHINMAI SHIMAI NO FUTARI GOHAN" BASED ON HIS OWN EXPERIENCES.

QC:
PATAMON,
FIRELILY,
SHINJU,
TRANSLATION:
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